

YOUR COLONOSCOPY APPOINTMENT

Patient's Name: _____

Tel: _____

Date: _____ Time: _____

Doctor's Name: _____

COLYTE®

PEGLYTE®

To facilitate access to endoscopic examinations, we require that you call us at least 5 days in advance if you must postpone or cancel your appointment. This will enable someone else to have their test.

- Centre multiservices de santé et services sociaux d'Argenteuil 450 562-3761, poste 72313
- Hôpital de Mont-Laurier 819 623-1234, poste 54123
- Hôpital Laurentien 819 324-4000, poste 34344 (français) et 34345 (anglais)
- Hôpital régional de Saint-Jérôme 450 432-2777, poste 22781
- Hôpital de Saint-Eustache 450 473-6811, poste 42417



Your examination will require the administration of medication. Consequently, an adult must mandatorily accompany you home, otherwise your examination will be cancel. Ideally the person should stay with you for 24 hours. **NO DRIVING FOR 24 H.**

What you need to bring on the day of the examination?

- Your health insurance card and hospital card;
- **A complete list of all your medications, as provided by your pharmacist;**
- Leave any jewelry, piercing jewelry or any other valuables at home.

What is a colonoscopy?

- ➔ A colonoscopy is a procedure in which a doctor examines the colon to detect any inflammation, polyps or colorectal cancer.

What takes place during the examination?

- ➔ A colonoscope is a flexible tube the width of a finger that is equipped with a camera. It is inserted through the anus and gradually advanced through the entire colon up to the cecum.
- ➔ To ensure good visualization of all the walls of the colon, gas or air is injected into the intestine. This can cause cramps or a bloating feeling during the test.
- ➔ To reduce the discomfort associated with the procedure, you will be given drugs intravenously to help you relax and make you drowsy. The examination takes about 20 minutes.
- ➔ A colonoscopy allows a sampling of a suspicious or inflamed area, removal of one or some polyps (abnormal growth of the intestinal inner surface), control of a bleeding, expansion of an intestinal stricture (stenose), or removing of a foreign body.

What happens after the examination?

- ➔ After the examination, you will be kept under observation until the effects of the medications have almost completely worn off (about 30 minutes).

What are the potential complications?

- ➔ Bleeding < 1/100 – 200.
- ➔ Perforation < 1/1,000 – 2,000 (surgery may be needed).
- ➔ Side effects may occur due to sedatives given at the time of the examination.

Instructions for medication

Take your usual medication on the day of examination, except if there is a contraindication:

- ➔ Stop iron 7 days before examination.
- ➔ You do not have to stop taking acetylsalicylic acid (Aspirin®, Novasen®, Entrophen®, Asaphen®, Rivasa^{MD}) or nonsteroidal anti-inflammatories (Advil®, Célébrex®, Naproxen).
- ➔ If you are taking an antiplatelet agent or an anticoagulant (blood thinners), advise us, and you will receive previous instructions if your family doctor or specialist haven't already done it.
- ➔ You must tell us if you think you are pregnant.

Instructions for diabetics

Your examination should be ideally before noon.

- ➔ The day before examination: Take your usual medication for diabetes.
- ➔ The morning of examination: **Do not take** your medication for diabetes, except slow insuline **HALF the dose.** (Lantus®, Levemir®, NPH, Humulin® N).
- ➔ **It is important** to verify you glycemia and to take clear liquids allowed until **2 hours before examination to prevent a drop of sugar level.** To avoid a drop in your sugar level, if you have a gastroscopy and you can not drink, take sugar tablets available over the counter at your drug store.

Ensuring the quality of your examination

A) Diet



FOODS TO BE AVOIDED DURING THE 3 DAYS PRECEDING THE TEST:

- ✗ Multigrain bread, multigrain pasta, cereals and brown rice;
- ✗ Beans and legumes (red beans, lentils, chick peas, dry peas, etc.);
- ✗ Seeds and nuts;
- ✗ Fruits with small seeds (strawberries, raspberries, kiwis, watermelon, blackberries, grapes, tomatoes, etc.);
- ✗ Chips, popcorn and coconut;
- ✗ Corn.



ON THE DAY BEFORE THE PROCEDURE, NO SOLID FOOD IS ALLOWED, DRINK ONLY CLEAR LIQUIDS, (no dairy products* or dairy substitutes*).

You can eat or drink as much of the following as you like throughout the day up to 2 hours before the examination:

- ✓ Water or ice;
- ✓ Clear juice without pulp (apple, white grape or lemonade);
- ✓ Jell-O® and Popsicle® (except red or purple);
- ✓ Beef or chicken consommé or broth (without noodles or vegetables and with no solid residue);
- ✓ Herbal tea, tea or coffee (without cream, milk or milk substitute);
- ✓ Clear soft drinks (Sprite®, 7-up®, Ginger-Ale®).

* Avoid all dairy products (milk or cream) and substitutes (almond milk, soya milk, Ensure®, etc.).

IMPORTANT : Only for patients who are having a gastroscopy and a colonoscopy **ON THE SAME DAY.**

→ Fast completely after taking the second part of the solution (that is the entire 4 liters).

→ **DO NOT DRINK ANY OTHER LIQUIDS.**

→ To avoid a drop in your sugar level, if you have a gastroscopy and you can not drink, take sugar tablets available over the counter at your drug store.

On the day before your colonoscopy

Drink only clear liquids — No solid food or milk

B) Preparation

STEP

1



In the morning

- Prepare the CoLyte® solution as follows: Add tap water up to the fill line (total volume: 4 L). Place the cap back on tightly and mix well until all the ingredients have dissolved.
- No additional ingredients, such as flavours, should be added to the solution.
- Store in the refrigerator to improve the taste.

From 6 p.m. to 8 p.m.

- Quickly drink 1 glass of the solution (about 250 mL) every 10 minutes, **until you have finished the entire first 2-litre of solution.**



Check each glass after drinking it.

- Additional instructions: If you experience nausea or vomiting, take a break and take longer intervals between glasses.

Your first bowel movement should occur about an hour after you start drinking the solution. The most common side effects of preparing the colon are nausea, the feeling of abdominal fullness, and bloating. These effects are temporary.

Precautions

- Abdominal bloating or distention may occur before your first bowel movement. If the discomfort persists, temporarily stop drinking the CoLyte® solution or drink each portion of 250 mL at longer intervals (more than 10 minutes) until the symptoms disappear.
- If you experience nausea, you may take a tablet of Gravol® (dimenhydrinate).

On the day of the colonoscopy

STEP

3



4 hours before your appointment: Quickly drink 1 glass of the second CoLyte® solution (about 250 mL) every 10 minutes until you have finished the second 2-litre of solution.



Check each glass after drinking it.